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FLORIDA HEALTH IN PINELLAS COUNTY URGES SAFETY DURING WINTER WEATHER



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St. Petersburg, Fla. — The Florida Department of Health in Pinellas County urges Florida residents to take precautions to stay healthy and safe during extreme cold weather. With wind chills forecasted as low as 25 degrees this week in many areas of the state, it is important to take extra precautions.

Winter safety tips:

- Stay indoors as much as possible to keep healthy, safe and warm. Make sure to check on friends and family members and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill.
- For outside activities, dress in multiple layers of loose-fitting clothing. Don't forget to wear a hat, scarf and mittens, or other winter gear.
- Heat your home safely. If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Make sure each appliance is properly adjusted and you have followed the manufacturer's instructions and local building codes for use.
- Prevent carbon monoxide (CO) poisoning by never using generators, charcoal grills or gas grills indoors and by installing a CO detector to alert you of the presence of the deadly, odorless, colorless gas.
- As temperatures dip below freezing, leave your home's water taps slightly open so they drip continuously.
- Eat well-balanced meals to stay warmer. Avoid drinking alcoholic beverages—they cause your body to lose heat more rapidly. Instead, drink warm beverages such as hot chocolate or hot tea to help maintain your body temperature. If you have any dietary restrictions, consult your doctor.
- Bring pets out of the cold weather and provide them warm shelter.
- Cold weather can displace wild animals. Stay clear of wild or feral animals including cats, bats or raccoons especially if they look sick or appear injured. They could have rabies and hurt animals can also injure you.

Pinellas County cold night shelters for homeless adults and women will be open on Wednesday, Jan. 3 and Thursday, Jan. 4. The shelters accept guests all night long, and close the following morning at approximately 6 a.m. Shelter guests are provided a hot evening meal, a warm, safe place to spend the night, and breakfast the following morning. The shelters open between 6 and 6:30 p.m. (Peace Memorial opens at 5 p.m.) at the following locations:

Clearwater

Peace Memorial Presbyterian Church
110 S. Ft. Harrison Avenue
Clearwater, FL 33756
Church Phone: (727) 446-3001
Capacity: 110

Note: This shelter opens at 5 p.m.

St. Petersburg

Northwest Presbyterian Church
6330 54th Ave. N.
St. Petersburg, FL 33706
Phone: (727) 544-4551
Capacity: 75

The Turning Point
1810 5th Ave. N.
St. Petersburg, FL 33713
Phone: (727) 823-7811
Capacity: 25

Salvation Army
1400 4th St. S.
St. Petersburg, FL 33701
Phone: (727) 822-4954
Capacity: 50

My Place in Recovery
1655 16th St. S.
St. Petersburg, FL 33705
Capacity: 20

Pinellas Park

Boys and Girls Club of the Suncoast in Pinellas Park
7790 61st St. N.
Pinellas Park, FL 33781
Phone: (727) 547-5437
Capacity: 150

Tarpon Springs

First United Methodist Church of Tarpon Springs
501 E. Tarpon Ave.
Tarpon Springs, FL 34689
Phone: (727) 937-3271
Capacity: 40

Families with children will be placed in family shelters on cold nights. Families should call 2-1-1 to make arrangements.

For more information about the Pinellas County cold night shelters, visit <http://go.activecalendar.com/pinellascounty/site/pressrelease/event/cold-night-shelters-open-13-and-14/>.

For more information on winter weather safety, visit the Centers for Disease Control and Prevention's [Winter Weather Preparedness](#) page.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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